



Perry County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Perry County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Perry County School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- School Health Policies strengthened include 90 minute physical activity/physical education law, health screenings, and high school vending machine law
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals: \$218,000.

Community partnerships have been formed to address school health issues. Current partners include:

- Perry County Medical Center
- Centerstone
- Perry County Health Department
- UT Extension Office
- Perry County Sheriff's Department

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including school health screenings for staff, BMI screenings for students, and SAFE Day participation. 10 parents are collaborating with CSH.

Students have been engaged in CSH activities that include SAFE Day, Healthy Steps Backpack Program, Walking Programs, outdoor fitness equipment demonstrations, drug prevention displays set up, and quit smoking material distribution. Approximately 25 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Perry County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 250 Well Child Physicals, 120+ referrals, 1213 students screened for BMI/BP data 1500 vision/hearing screenings, 650 referrals;

Students have been seen by a school nurse and returned to class – 537 students;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 2007-08 BMI Student Average: 20.19 (261 Students Screened), 2008-09 BMI Student Average: 19.68 (404 Students Screened), 2010-11 BMI Student Average: 19.39 (257 Students Screened);

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking track (partnered with Perry Co. Med Center), sport court/walking track fence for safety and security, elementary sized fitness equipment (Moon Walkers), Wii's and Wii fitness balance boards and games for schools, fitness equipment/materials, nutrition, healthy lifestyle, hygiene, obesity educational books for students, and TV/DVD player for fitness rooms;

Professional development has been provided to (counselors, physical education teachers, and nurses. Trainings include non-violent crisis intervention training, mental health conference, anti bullying, and Take 10!;

School faculty and staff have received support for their own well-being through blood pressure screenings, flu shot each year, cholesterol screenings, fitness centers, walking track installed, and pedometers.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Take 10! training, Perry County Health Department presentations on healthy lifestyle choices;
- Physical Education/Physical Activity Interventions – Healthy Steps Backpack Program, walking programs, after-school physical education program, and new fitness centers put into place at three of our four schools (fitness equipment added to already existing fitness room at fourth school), outdoor fitness equipment installed at two middle school locations;
- Nutrition Interventions – Registered Dietitian presentations, nutritional information and surveys sent home to approximately 200 parent(s);

- Mental Health/Behavioral Health Interventions – educational materials presented to school psychologist, Centerstone partnership, staff wellness-fitness centers installed at 3 of our schools, free health screenings each year, and flu shots set up on campus.

In such a short time, CSH in the Perry County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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